



Part 2: Monitor Your Heart

Our behavior will eventually reflect the condition of our hearts.

Discussion Questions

1. What's your first memory when it comes to behavior modification?
2. Read **Mark 7:20–21**. What key words stand out to you?
3. Are you intentional about paying attention to what's happening in your heart? If you are, share how you go about doing that.
4. Which of these four are you most prone to live with rather than eliminate: guilt, anger, greed, or jealousy. Why? What circumstance in your life comes to mind?
5. Which of these four are most difficult for you to do: confess, forgive, give, or celebrate. Why? What circumstance in your life comes to mind?

Summary Chart:

Problem	Belief	Action	
GUILT	"I owe you!"	CONFESS	<i>Do you owe anybody an apology?</i>
ANGER	"You owe me!"	FORGIVE	<i>Are you angry at someone?</i>
GREED	"I owe me!"	GIVE	<i>Is it time to prove your stuff doesn't own you?</i>
JEALOUSY	"God owes me!"	CELEBRATE	<i>Do you need to celebrate someone else's success?</i>